

WISTERIA LANE'S  
DEAD END  
FELICITY HUFFMAN  
SHEDS TEARS {page 9}



**SURVIVOR**  
SEAN KINGSTON  
RECOVERS AFTER  
ACCIDENT {page 10}



OTTAWA

**metro**®

Tuesday, August 9,  
2011  
www.metronews.ca



News worth  
sharing.

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OVER

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IN SAVINGS

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# Obituary sparks wait-list debate

► Health care for the obese impeded by discrimination, Ottawa doctor says

Lillian Coakley wrote her own obituary when she learned how long she'd have to wait for surgery in Nova Scotia.

Now, an Ottawa doctor who helped publicize her plight says Ontario is also facing increasingly long waiting lists for bariatric surgery — and our attitude toward people who are obese is a big part of the problem.

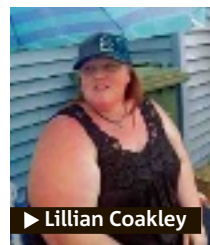
"Obesity is the last socially acceptable form of discrimination and stereotypes," said Dr. Yoni Freedhoff.

Coakley was told she'd have to wait ten years for the potentially life-saving procedure. So, she sent a scathing letter, including her own fictionalized obituary, to public-health officials and politicians.

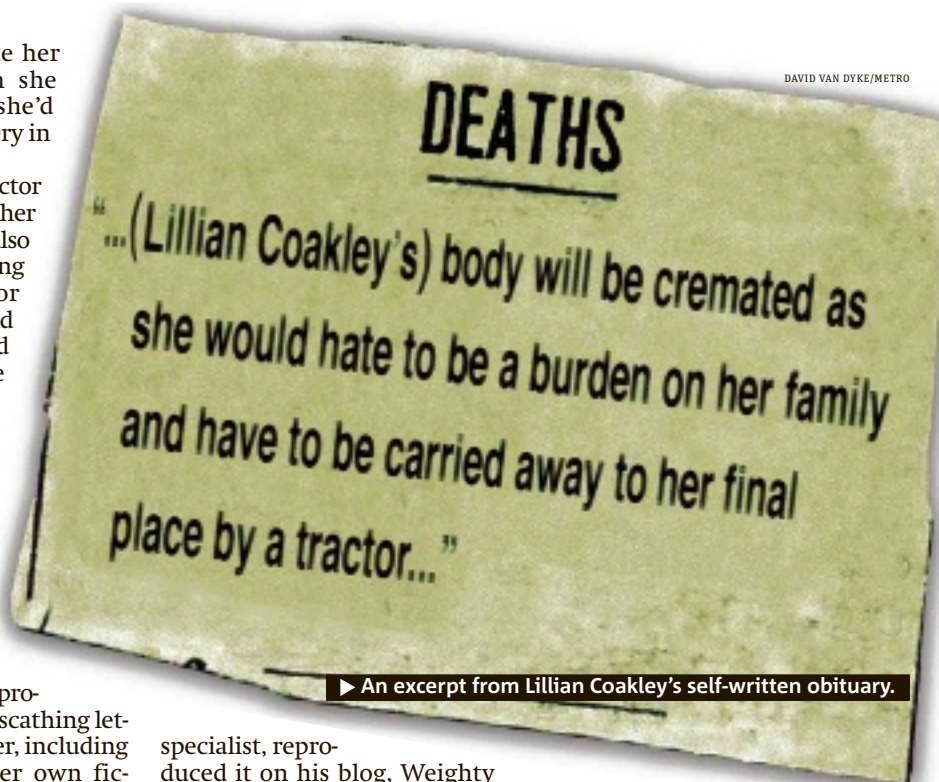
Dr. Freedhoff, a weight-loss specialist, reproduced it on his blog, *Weighty Matters*.

A ten-year waiting list endangers lives, he said.

"Some people will almost certainly die in that ten-year span because they may already have developed things like Type 2 diabetes and hypertension," he said.



► Lillian Coakley



► An excerpt from Lillian Coakley's self-written obituary.

The wait ing list is not as extreme in Ontario, he said. Currently, it's at a year or two, but growing as demand outstrips the province's capacity. Until a couple of years ago, when OHIP stopped paying for patients to have the surgery

done in the U.S., the wait was only four to six months, he said. Freedhoff's blog post attracted an offer from a surgeon in Mexico to perform the procedure on Coakley for free.

But her honesty also attracted harsh criticism on the Internet.

That the stigma that obese people should just "try harder" to lose weight is a reason why "Canada is terrible at funding bariatric surgery," said Freedhoff.

Blame, he argued, has no place in medicine: "We treat people regardless of how they got to our offices," he said. "The smokers with emphysema, the alcoholics with cirrhosis — we treat everybody."

There's an economic argument as well. The \$15,000 to \$18,000 cost of the surgery more than pays for itself by forestalling the long-term costs to the system incurred by obesity and its associated illnesses, Freedhoff said.

► STEVE COLLINS



► Freedhoff

## A selection from the self-written obituary

"We are sad to inform you of the untimely passing of a young mother, sister, daughter and friend. She died at a young age due to complication with obesity that she fought for years to overcome."

She was the youngest child of seven and she leaves behind her two sons, who both lived at home with her. Her entire life was lived for her boys who she loved immensely and were her pride and joy.

She was survived by her three sisters and three brothers, along with many nieces and nephews and great nieces and nephews. She loved to sew and do crafts and was an awesome cook and loved to help others and would give what she could to anyone in need. She enjoyed comedy and good laughs....

She would appreciate if you speak out and support Obesity Weight Loss Surgery and obesity awareness and write a letter to your local MLA and to anyone who will listen."

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# Worker pinned under backhoe

A worker at a scrap yard on Richmond Road was sent to hospital yesterday after the backhoe he was using rolled down a three-metre hill and into some trees at about 10:30 a.m. yesterday.

The backhoe flipped on its side, with the cab up against a tree, said a spokesperson for the Ot-

tawa Fire Services rescue team.

It took 14 trucks, 32 crew members, a winch, rescue jacks and cribbing to stabilize the backhoe and free the man, whose leg was trapped, a spokesperson said.

The man remained conscious and was taken to

hospital in stable condition.

The Ministry of Labour is investigating.

The people on scene at Union Auto Parts declined to comment. **JESSICA SMITH**



For more information, visit [www.metronews.ca/ottawa](http://www.metronews.ca/ottawa)



► A fire truck pulls away from Union Auto Parts on yesterday morning after a backhoe flipped over, injuring one man.

# Artist brings lost story home

► Children's book a historical look at the displaced Lost Boys of Sudan

► Ottawa artist's 'evocative' art helps tell young boy's story



**JOE LOFARO**  
@METRONEWS.CA

Bol Deng Malual was only four years old when he was separated from his parents and brother in Sudan amid heavy gunfire and explosions.

His family was walking for months on end through the country during the second civil war in 1983 to seek refuge in neighbouring Ethiopia or Kenya — as did thousands of other Sudanese men, women and children.

The true story of Malual's tumultuous journey and his reunion with his family 15 years later has been captured in semi-abstract acrylic paintings by Sudanese-born artist Hamid Ayoub, who lives in Ottawa.

The paintings illustrate a new children's book,

**"He typifies one of the happiest endings because he survived, his parents survived."**

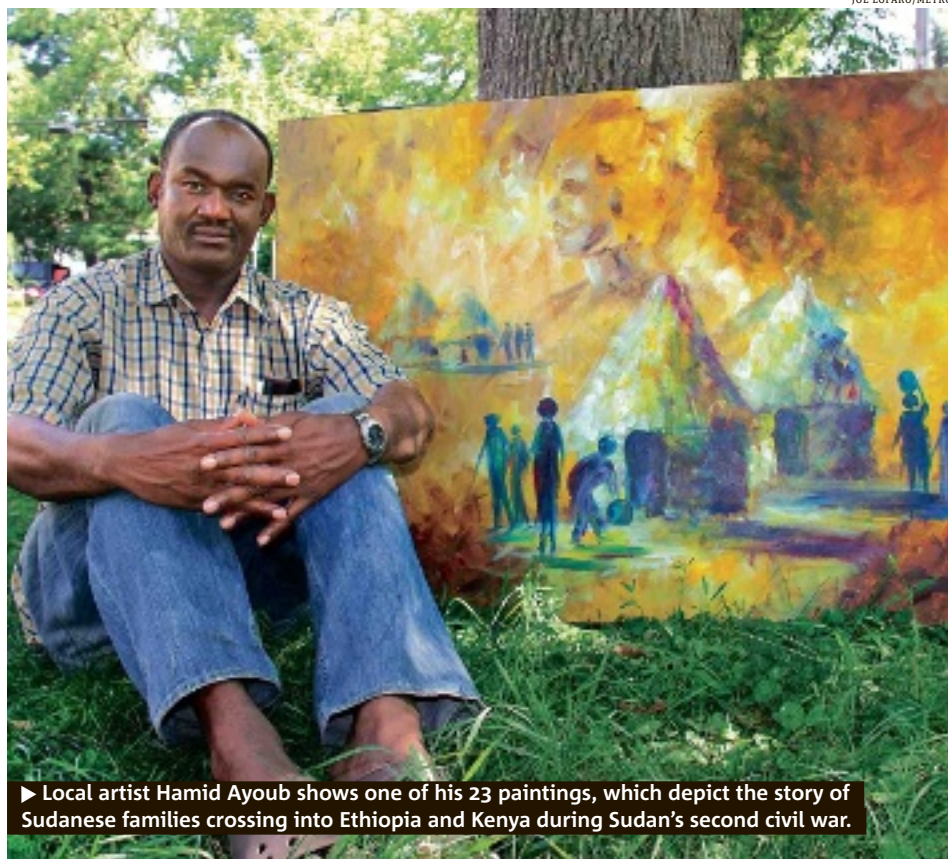
**NANCY HAHN, AUTHOR OF ONE LOST BOY, ON BOL DENG MALUAL**

One Lost Boy, by American author Nancy Hahn.

Ayoub said Malual's story was so touching that when he was approached by the author a year ago they got to work right away.

"It's the sense of connection that we are from the same country and we run for our life, for a better life," Ayoub said.

Prior to the book's North American release, Hahn will launch a multimedia art exhibit showcasing her text and Ayoub's illustrations to the sound of Sudanese music.



► Local artist Hamid Ayoub shows one of his 23 paintings, which depict the story of Sudanese families crossing into Ethiopia and Kenya during Sudan's second civil war.

"This is not just a book," said Hahn. "You can't talk about the book without talking about the magnificent otherworldly

images, (of which) Bol (Deng Malual) himself said, 'It's like you were there.'"

Hahn said plans are un-

derway to bring the exhibit to Ottawa and the rest of Canada after it premieres in Washington, D.C., later this month.

# 1

news



From riding transit to public stigma, Canadians discuss challenges of living with epilepsy. Scan code for story.

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On the web at [metronews.ca](http://metronews.ca)



**It's been a wild ride for markets recently, but Allan Small says investors shouldn't panic. More at [metronews.ca/investing](http://metronews.ca/investing)**

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UNTREATED

TREATED





# New Tibetan leader sworn in

A Harvard-trained legal scholar was sworn in yesterday as new head of the Tibetan government-in-exile, taking over from the Dalai Lama as the official leader of his people's fight for freedom.

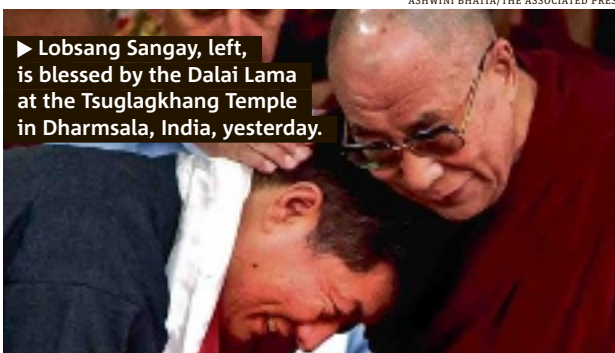
Lobsang Sangay now confronts many challenges, including the fact that he is the first secular figure to lead the deeply religious Ti-

betan community. He was also born in the eastern Indian town of Darjeeling and has never visited Tibet.

The Dalai Lama, 76, announced in March he would be giving up his political role as leader of the Tibetan exile movement, though he would remain the spiritual leader of Tibetan Buddhists.

THE ASSOCIATED PRESS

► Lobsang Sangay, left, is blessed by the Dalai Lama at the Tsuglagkhang Temple in Dharmasala, India, yesterday.



ASHWINI BHATIA/THE ASSOCIATED PRESS

# Hey, you've got crabs

- B.C. adopts e-card service to tell partners they may have an STI
- Anonymous service designed to make notifications easier



MATT KIELTYKA  
@METRONEWS.CA

Looking for a way to tell that special someone they may have contracted a sexually transmitted infection?

Say it with an e-card.

The B.C. Centre for Disease Control launched inSPOT yesterday, an online notification services for people diagnosed with a STI.

BCCDC's Dr. Mark Gilbert says the e-cards — ranging from serious notifications to humorous messages like "I got screwed while screwing, you might have too" — are designed to make the process of telling a partner they may be at risk less intimidating.

"It's heavy news to give someone no matter how

they receive it," he said. "InSPOT can be a convenient and easy way to notify a partner."

Although the service was just launched in B.C., inSPOT has been operating since 2004 in the U.S. and some Canadian cities.

The e-cards also help people connect with local testing sites and clinics and provides access to public health information.

The cards can be sent to up to six partners at a time and can be sent anonymously.

Gilbert stressed the service is just one option available to people.

Physicians still encourage people to tell their partners about possible infections either directly or through a health-care provider.

You're too hot to be out of action.

I got diagnosed with an STD since we played.  
You might want to get checked too. [www.inspot.org](http://www.inspot.org)

► InSPOT e-cards have defused some of the awkwardness of an uncomfortable conversation: discussing potential sexually transmitted diseases with a lover.

INSPOT.ORG

## News in pictures

PHOTOS  
1. LEWIS WHYLD/THE ASSOCIATED PRESS  
2. MARIO TAMA/GETTY IMAGES  
3. MIKE SIMONS/GETTY IMAGES  
4. RUNGROJ YONGRIT/THE ASSOCIATED PRESS



**1** British police yesterday promised a "momentous operation" to arrest rioters after a weekend of vandalism and looting that erupted in a poor London neighbourhood. **THE ASSOCIATED PRESS**

**2** Czech President Vaclav Klaus lashed out yesterday at 13 ambassadors for their petition in support of a gay pride festival in Prague. **THE ASSOCIATED PRESS**

**3** A cougar that seems unafraid of humans has been spotted near a provincial park around Alice Lake, near Squamish, B.C. **THE CANADIAN PRESS**

**4** Yingluck Shinawatra vowed yesterday to work for national reconciliation as she formally became Thailand's first female prime minister. **THE ASSOCIATED PRESS**

## Brand New HGTV Show Casting Call!

Are you a family looking to buy a new home and can't decide between living in the city or the suburbs?

We are looking for dynamic families who want to participate in a new national TV series focusing on this property buying dilemma.

For more information and to tell us about your family, please email [casting@forcefour.com](mailto:casting@forcefour.com)

# Five more teenagers accused after laser pointed at helicopter

Five more teens have been charged after Durham regional police say a laser was pointed at the cockpit of a police helicopter.

Police say the pilot was not affected in the incident involving Air1 on July 29. But another member of the air support unit experienced vision problems.

Curtis Lee, Aaron Mountjoy, Alana Capesky, Dale Branton and Andrew Capesky, all 18-year-olds

from Oshawa, face charges that include projecting a bright light at an aircraft and assault with a weapon causing bodily harm.

Police allege the suspects were in the same backyard at the time of the incident.

Robert Roughly, also 18 and from Oshawa, was previously charged in the laser pointing.

THE CANADIAN PRESS

## Shine a light

- The suspects all face up to five years in prison.
- Police allege that the six teens passed around the laser pointer while at a backyard party.
- In a separate incident this past spring, a 19-year-old man from Ajax was arrested for shining a laser at the Air1 helicopter.

# Syria replaces defence minister

► Analyst says newly removed minister, who belongs to the ruling minority Alawite sect, was uneasy with the country's crackdown

Syrian President Bashar Assad replaced his defence minister yesterday with the army chief of staff in the midst of a brutal military crackdown on a five-month-old uprising, the state-run news agency said.

Gen. Ali Habib, the country's defence minister since 2009, was removed from his post because of health problems, the SANA report said, but some analysts said the general was unhappy with the crackdown.

He was replaced by Gen. Dawoud Rajha, a 64-year-old Christian, SANA said. The agency did not say who will succeed Rajha as chief of staff. His deputy is Maj. Gen. Assef Shawkat, who is married to Assad's sister,

Bushra.

The army has played a leading role in the bloody crackdown, shelling cities with heavy weapons and tanks.

The bloodshed has drawn sharp condemnation from abroad, and Arab nations joined the growing international chorus against Assad's regime yesterday, with Bahrain, Kuwait and Saudi Arabia recalling their ambassadors.

The international community already has imposed sanctions on the regime — including on Habib and Rajha — and demanded an immediate end to the attacks. France, Italy and Germany renewed their condemnation yesterday.

**“Any sane Arab, Muslim or anyone else knows that this has nothing to do with religion, or ethics or morals.”**

KING ABDULLAH, SAUDI ARABIA

day.

But in a sign of growing outrage, Syria's Arab neighbours joined the mounting criticism, voicing their concerns about a crackdown that intensified on the eve of the Muslim holy month of Ramadan — a time of introspection and piety characterized by a dawn-to-dusk fast.

Radwan Ziadeh, a Syrian scholar at George Washing-

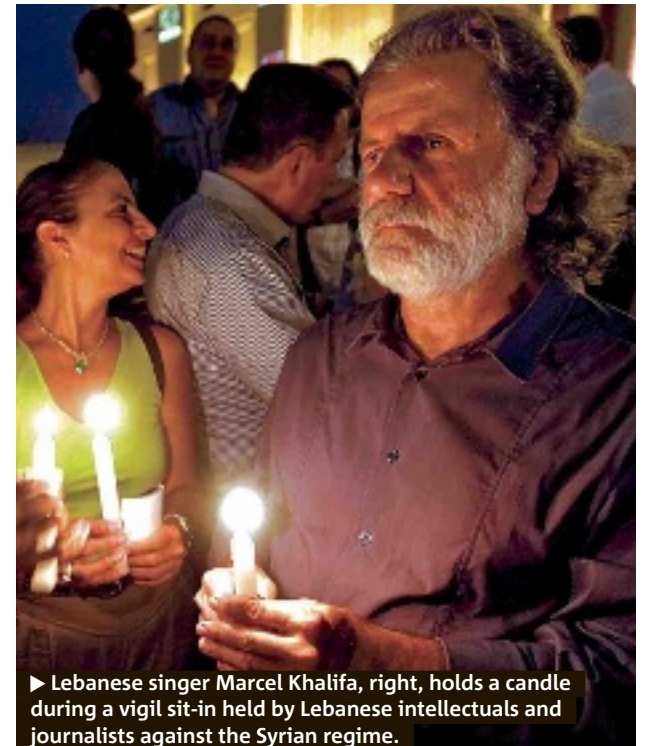
ton University, said Habib lost his job because he was a professional officer with no links to the country's dreaded security agencies.

“Habib was not happy with the acts being carried out by the army,” said Ziadeh. “Habib is a professional and respected officer in the army and he is a member of the Alawite sect.”

Ziadeh said the shake-up indicates there are Alawite officers who are unhappy with the regime.

Many senior security and military posts are held by Alawites, while most of the protesters belong to the country's Sunni Muslim majority.

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► Lebanese singer Marcel Khalifa, right, holds a candle during a vigil sit-in held by Lebanese intellectuals and journalists against the Syrian regime.

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## HUMAN RIGHTS WATCH REPORT

**Poor care for pregnant women in South Africa**

One woman waited an hour and a half at the hospital, only to see a nurse who yelled that she was "lying about being in labour." Three hours later, her baby was stillborn. Another woman gave birth on the street, steps from a clinic that twice turned her away, saying her time had not come.

South Africa's maternal mortality rate has quadrupled while most African countries have improved theirs, according to a report released yesterday by the New York-based Human Rights Watch.

It says some of the increase — to more than 4,500 maternal deaths a year — could be the

result of better reporting and a massive HIV/AIDS rate that has 18 per cent of South Africans infected, some 5.7 million people. But the group says the health indicator also has worsened because of a lack of accountability, corruption and poor health care.

South Africa spends the most on health per citizen in sub-Saharan Africa at \$748 a year, and has infrastructure and expertise unrivaled on the continent. Maternity care is free, abortion is legal, and there is a system of confidential inquiries to assess levels and causes of maternal deaths.

Yet between 1998 and 2007, the maternal mortality rate leapt from 150 to 625 deaths for each 100,000 live births. That means South Africa has no hope of meeting the UN millennium development goals that require 38 deaths per 100,000 births by 2015.

THE ASSOCIATED PRESS

# China to fight gender gap

ANDY WONG/THE ASSOCIATED PRESS

**Country vows crackdown on sex-selective abortions**

China is vowing to strengthen enforcement to prevent sex-selective abortions and close a yawning gender gap in a country that already has tens of millions more boys than girls.

The pledge is in the outline of a plan for childhood development through 2020 but has no specifics. The plan said authorities would increase efforts against the non-medical use of ultrasound tests and abortion of fetuses based on gender.

Spurred by the one-child policy and a traditional preference for boys, sex-selective abortion has created a male-female ratio at birth in China of about 119 males to 100 females,



► A woman feeds ice cream to a toddler as they take a rest at a park in Beijing on Sunday.

with the gap as high as 130 males for every 100 fe-

males in some provinces. In industrialized countries,

the ratio is 107 to 100.  
THE ASSOCIATED PRESS

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# Stormy Monday

► Markets fall in wake of U.S. credit-rating downgrade

The Toronto stock market tumbled 491.2 points yesterday after the credit-rating downgrade of U.S. government debt served to further dent confidence that global leaders can stem worsening economic conditions.

New York markets fell hard, with the Dow industrials plunging 634.76 points to 10,809.85. Overseas markets also fell sharply, with London's FTSE 100 index down 2.6 per cent, Frankfurt's DAX losing 5.02 per cent and the Paris CAC 40 down 4.68 per cent.

Adding to market uncer-

## Market moment

TSX



- 491.21  
(11,670.96)

Dollar



- 1.25¢  
(100.92¢ US)

Oil



- \$5.57 US  
(\$81.31 US)

Natural gas

1,000 cu ft

\$3.935 US  
(+ 0.6¢)

Gold contracts

\$1,713.20 US  
(+ \$61.40)

tainty, Standard & Poor's yesterday downgraded the

credit ratings of mortgage lenders Fannie Mae and Freddie Mac, which between them own or guarantee half of U.S. mortgages. The move could mean higher mortgage rates.

"The big question mark now is whether you will see behaviour change (among investors and government leaders)," said Norman Raschkowan, a strategist at Mackenzie Financial. "That is what people are concerned about and why you have growing concerns about a double-dip recession."

THE CANADIAN PRESS

► Jean-Louis Hecht displays a baguette from his dispenser in Paris yesterday. The machine takes pre-cooked loaves, bakes and ejects them within seconds, all for about one euro.



Instant. Baguettes

MICHEL EULER/THE ASSOCIATED PRESS

## Did we really knead this?

## Oil prices in freefall

Oil plunged to its lowest price of the year yesterday on concerns about the slowing global economy.

Benchmark West Texas Intermediate crude fell \$5.57 US, or 6.4 per cent, to settle at \$81.31 US a barrel, as traders pulled money out of oil and stocks and bought assets considered to be safer during times of economic uncertainty, such as U.S. Treasury bills and gold.

Oil prices were swept down by a major sell-off across Asian stock markets, followed by falling indices in Europe. Analysts think oil will remain volatile this week as traders keep a sharp eye on the economy and future demand.

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# YOU MAY BE THE ONLY ONE LIST-ENING

## SHE SAYS ...

JESSICA NAPIER  
METRO



You can learn a lot about a person from the way they list. Most people limit their list making to the practical — for grocery-store items, guest lists, packing checklists and other routine to-dos. But I like to think that I take listing to a whole new level. I'm constantly chronicling the things I love, the things I loathe, daily tasks and goals for the future.

Over the years I've compiled hundreds of lists to organize my thoughts, to catalogue my interests and to archive my life.

I make lists everywhere: on the magnetic notepad on my refrigerator, on napkins at restaurants, on my hand and in my head.

Lists are scrawled in the margins of my travel journals; they clutter up the desktop on my MacBook and often appear in this very column.

**"They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will."**

Sometimes my lists are incredibly organized — numerical, alphabetical, chronological — but most are completely haphazard and almost entirely illegible.

While checklists are certainly the most sensible form of listing, I prefer to make countdowns. The best brunch places in the city, the worst movies of all time, the most romantic places I've ever been, the books I'd bring to a desert island, favourite ice cream flavours and on and on and on.

After watching High Fidelity, I developed a habit

of making Top Five lists in every conceivable category. John Cusack's character's obsession with listing everything from his favourite records to his most memorable breakups really spoke to my affinity for categorization.

Even while writing this, I'm finding it difficult to resist the urge to compile a list of reasons why lists are so remarkable.

They bring order to our lives in the present and act as a reference point for the future.

Lists offer tiny glimpses into our daily routines, our best intentions and our biggest regrets.

They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will.

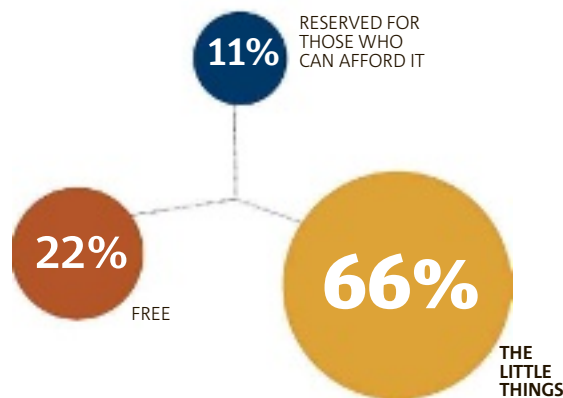
Our lists not only remind us to pick up milk; they tell the stories of who we are and who we want to be. They are perfunctory, ambitious, heartbreaking, scathing, hilarious and, more often than not, they are wonderfully self-indulgent.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



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The best things in life are:



## Worth Mentioning

**8-YEAR-OLD HACKERS.** Few things seem more out of place at the DefCon hacker convention than a swarm of kids.

For 18 years, hackers have gathered at DefCon, one of the largest and longest-running conferences of its kind, to share information about breaching and securing computers.

For the first time, DefCon included discussions and tutorials for budding hackers aged eight to 16 years.

One contest covered lock-picking techniques to be used in the event they forget their locker combination. And the kids were encouraged to find security vulnerabilities in popular technologies, from video games to computer hardware.

The emergence of the DefCon kids' conference comes as hackers make headlines around the world. Though the general public often associates hacking with criminality, the engineering culture of the technology mainstream has always embraced people who explore the boundaries of what can be done with computers and other gadgets.

THE ASSOCIATED PRESS

## Cartoon by Michael de Adder



## WEIRD NEWS

### Egg-cellent discovery on Alaska coast

Scientists have identified an orange-coloured gunk that appeared along the shore of a remote Alaska village as millions of microscopic eggs.

But the mystery is not quite solved. Officials with the U.S. National Oceanic and Atmospheric Administration said yesterday

they don't know what species the eggs are or if they are toxic.

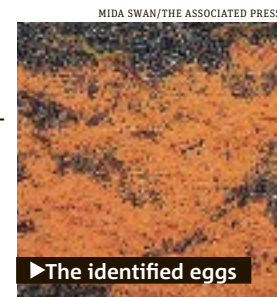
They have sent samples to a laboratory on the East Coast for further analysis.

The neon orange goo showed up last week on the surface of the water in Kivalina, an Inupiat Eskimo

community located at the tip of a 12.8-kilometre barrier reef on Alaska's northwest coast.

Residents live largely off the land, and many are worried about the effect on the local wildlife and plants from a substance never seen there before.

THE ASSOCIATED PRESS



►The identified eggs



# Word travels fast on Wisteria Lane

► Desperate Housewives star Felicity Huffman got news of the show's demise from co-star Marcia Cross ► Huffman speculates her character may end the series with a divorce

On Sunday, ABC officially confirmed reports that the upcoming season of Desperate Housewives would be its last.

But series star Felicity Huffman got the bad news on Friday — in an e-mail from her co-star Marcia Cross.

Only after that did she get the call from Housewives creator Marc Cherry.

Huffman, who plays frustrated stay-at-home mom Lynette, said she shed a few tears at her kitchen table while consoled by her husband, actor William H. Macy.

Then, she said, their nine-year-old daughter entered the room and set her straight.

"It's OK, mama. You'll work again," she told Huffman.

Desperate Housewives, a sassy prime-time soap opera with an ensemble cast also including Teri Hatcher and Eva Longoria, made a splash when it premiered in 2004 but has since seen a falloff in the ratings and buzz from viewers.

At an ABC press party Sunday night, Huffman said she was sad that Housewives would be ending after eight seasons.



► ABC has officially confirmed the cancellation of Desperate Housewives.

But she's also exhilarated by potential story lines in the show's home stretch. In her mind, the troubled but so-far-enduring marriage of Lynette and Tom (played by Doug Savant) might be

on the rocks.

"I think they could get divorced," Huffman proposed with undisguised relish.

"All bets are off. I think it's so great to bust the lid off."

Asked how she plans to cope with relinquishing the role of Lynette, Huffman quoted an old saying about recovering from a broken relationship.

"The only way to get over somebody is to get

**"I thought it was coming and I think it's the right thing. But I still feel very sad and discombobulated."**

DESPERATE HOUSEWIVES STAR  
MARCIA CROSS ON THE  
SHOW'S CANCELLATION

under somebody," she chuckled.

"I just think it takes another job."

Marcia Cross, who plays neurotic super-homemaker Bree, insisted she hadn't meant to break the news to Huffman in that email.

"Felicity is always on top of everything, while I'm usually four steps behind," explained Cross, who said she was alerted by her manager.

"It didn't occur to me that she didn't already know."

"I was really glad to hear it from you," Huffman told her as they commiserated.

"I thought it was coming and I think it's the right thing," Cross said of the show's demise.

"But I still feel very sad and discombobulated."

THE ASSOCIATED PRESS

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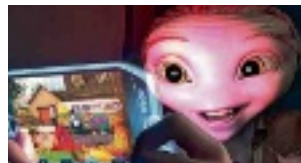
## Mars Needs Moms

**Genre:** Animated  
**Director:** Simon Wells  
**Stars:** Seth Green, Joan Cusack 🌐

Despite its way-out theme, there's not much going on in Mars Needs Moms.

Director Simon Wells (The Time Machine) had to answer to producer Robert Zemeckis, who weirdly clings to motion-capture animation, despite a general lack of audience enthusiasm for the unearthly feeling it creates.

Joan Cusack is wasted as the kidnapped mom. So is



Seth Green as her nine-year-old son Milo, who travels to Mars to rescue Cusack, having decided she's not a "broccoli bully" after all. Weirdly,

Green's face is on pint-sized Milo, but not his voice. He's been vocally replaced by a real whiny 11-year-old.

The film isn't a disaster.

It has a positive message about family bonding that parents will love and kids may like. But all those mistakes and compromises add up. This Mars doesn't need moms; it needs mojo.

● PETER HOWELL

## Your Highness

**Genre:** Fantasy  
**Director:** David Gordon Green  
**Stars:** Danny McBride, Natalie Portman, James Franco 🌐

If you've ever wondered how many bad jokes you could make about a severed minotaur penis, Your

Highness provides the answer: it's limitless.

This low medieval farce, about a bong-worshipping younger son (Danny McBride) seeking to prove he's as brave as his bro (James Franco), seems more eager to riff on a certain male appendage.



Your Highness may hit the record books for a dubious achievement: the fastest stumble from Oscar glory into a career cow pie. Having just won Best Actress for Black Swan, Natalie Portman now swan dives into a dung heap, while Best Actor nominee Franco manages to look even more stoned than he did as Oscar host.

Extras include alternate and deleted scenes, a gag reel, a making-of featurette and cast and crew commentary.

● PETER HOWELL

# 2

  
scene

## Box office



More than three dozen celebrities, including Nicole Kidman and Robin Williams, athlete Carmelo Anthony and Supreme Court Justice Sonia Sotomayor, are set to appear on the new season of Sesame Street. Sesame Street begins its 42nd season on PBS on Sept. 26. PBS said Monday the focus of the preschool educational series will be on science, math and engineering education. That includes age-appropriate experimentation, including designing a launcher to send Hubert the Human Cannonball over a yard and into a bucket of blue gelatin on the season premiere. Other celebrities set to make cameos include Mark Ruffalo, Sofia Vergara and Seth Rogen.

THE ASSOCIATED PRESS



Glee creators are scaring up an American Horror Story about marriage and infidelity.



# Lopez pours her woes into work

ALL PHOTOS GETTY IMAGES

► Performer keeping busy following split from singer husband ► Won't have to search far for inspiration with new role in mom-centric movie

While her split from Marc Anthony has been "painful," Jennifer Lopez is reportedly feeling good about her decision to end their marriage, according to People magazine.

"She is very relieved to be out of [the marriage], frankly," says a source.

"I don't think she is sitting around crying or wondering if she made

the wrong decision."

In fact, far from sitting down, she's off to Atlanta — twins in tow — to film her next project, What to Expect When You're Expecting.

"For her, it's back to business," the source says. "She is all about her career. She's excited to move on."

● METRO



► Jennifer Lopez



► Jennifer Aniston

## Aniston and Theroux act like a Maui-d couple

Jennifer Aniston and her new boyfriend Justin Theroux are living it up in Hawaii leading up to Theroux's 40th birthday tomorrow, according to Us Weekly.

The couple arrived last week and have spent their

time shopping, going on lunchtime retreats and attending a party at Ben Stiller and wife Christine Taylor's vacation home.

"When they left the store, Jennifer was massaging Justin's shoulders from behind, and he

turned around and said something that made her laugh hysterically," a source says of one of their shopping trips.

"They seemed giddy in love and genuinely happy together."

● METRO

### Quick Dish

#### He's once, twice, four times a father

**BABY BOOM.** Ethan Hawke and wife Ryan welcomed a second daughter recently, naming the baby Indiana, according to Us Weekly. They stepped out with the newborn for the first time in New York recently. The couple, who wed in 2008, also have a three-year-old daughter, Clementine, and Ethan has a 13-year-old daughter, Maya, and nine-year-old son, Levon, with ex-wife Uma Thurman. ● METRO

#### Mila likes a guy she can giggle with

**WHAT A GIRL WANTS.** Mila Kunis says what she looks for most in a man is the ability to make her laugh. "Humour is an amazing quality to have," the actress, who dated Macauley Culkin for years and denies rumors about dating Friends with Benefits co-star Justin Timber-

### Celebrity tweets



"Attention: My new birth date is August 14, 1965."

@SteveMartinToGo

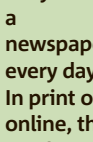


@MarthaPlimpton

"I'm so excited we're getting our own Depression. I always felt jealous of my Granny and all her 'Back in the Depression...' stories."

"Buy and read a newspaper every day. In print or online, there is information in newspapers you will never get from other media."

@AlecBaldwin



"I would totally dress up like @KatyPerry but I think she looks WAY better in a cupcake bra than I do."

@therealzooneyd



lake, tells Glamour. "I like sarcasm, satire, self-deprecating humour. But I also think there's something to be said for not looking for anything and being pleasantly surprised." ● METRO

## Singer bounces back after accident

At the Teen Choice Awards, Singer Sean Kingston walked his first red carpet since a near-fatal jet ski accident in Miami in May, and he says he's learned a lot lying in a hospital bed. "Basically, I learned that in life anything can happen and you have to count

your blessings," the 21-year-old Jamaican singer tells People magazine.

"You have to be cautious about what you do."

● METRO



► Sean Kingston

## Cole still a little sour, Cowell says

Simon Cowell is opening Radar Online.

up about exactly how the negotiations fell apart, Cole's involvement with the U.S. edition of X Factor fell apart.

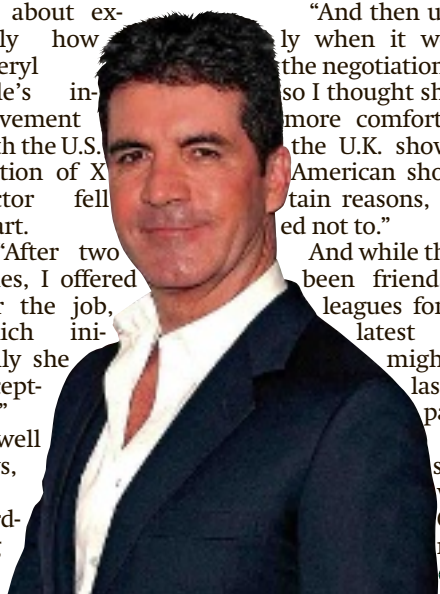
"After two cities, I offered her the job, which initially she accepted," Cowell says, according to

"And then unfortunately when it went public, the negotiations fell apart, so I thought she would be more comfortable doing the U.K. show than the American show. For certain reasons, [she] decided not to."

And while the pair have been friends and colleagues for years, the latest episode might have a lasting impact:

"She is still grumpy with me," Cowell admits.

● METRO



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# 8 glasses a day? No way

► Despite what conventional wisdom has told us, one U.K. doctor is saying that there is no evidence drinking water has big health benefits ► Find out why she argues it is all a myth



**CELIA MILNE**  
LIFE@METRONEWS.CA

Advice to drink eight glasses of water a day is pure baloney, according to a U.K. physician.

Dr. Margaret McCartney, writing in the British Medical Journal, argues that there is no strong evidence of the benefits of drinking increased amounts of water. Though there may be some situations where people need to drink that much, the idea that we are all at risk for dehydration is a myth promoted by makers of bottled water, she wrote.

McCartney, in this week's BMJ, says there is currently no clear evidence of benefit from drinking increased amounts of water, she says, yet the "we-don't-drink-enough-water" myth has endless advocates, including the NHS.

The NHS Choices website states: "Try to drink about six to eight glasses of water (or other fluids) a day to prevent dehydration," while many schools also feel it appropriate to insist that pupils are accompanied to school by a water bottle.

Other organizations, often with vested interests, reinforce this message, she says. For example, Hydration for Health (created by French food giant Danone — makers of bottled wa-



ISTOCK PHOTO

► How many glasses of water should you drink every day? Less than you think.

ters including Volvic and Evian) recommends 1.5 to two litres of water daily as "the simplest and healthiest hydration advice you can give." It also claims

that "even mild dehydration plays a role in the development of various diseases."

But McCartney argues that there is no high quality

published evidence to support these claims.

She points to several studies showing no clear evidence of benefit from drinking increased

amounts of water and suggesting there may be unintended harms attached to an enforcement to drink more water.

"It would seem, therefore, that water is not a simple solution to multiple health problems," she writes.

For instance, reports that increased water intake in children can improve concentration and mental performance have not been confirmed by research studies, while data relating water drinking to a reduction in children being overweight are prone to bias.

While there are some conditions that do benefit from drinking increased water, such as in people with recurrent kidney stones, other evidence for preventing disease is conflicting, adds McCartney. In other words, this is a complex situation not easily remedied by telling everyone to drink more.

Untangling the evidence presented by Danone "results in weak and biased selection of evidence," she argues. Danone says we need "informed choices," but their own evidence does not support their call to action.

She concludes: "There are many organisations with vested interests who would like to tell doctors and patients what to do. We should just say no."

# 3

  
life

## Cancer

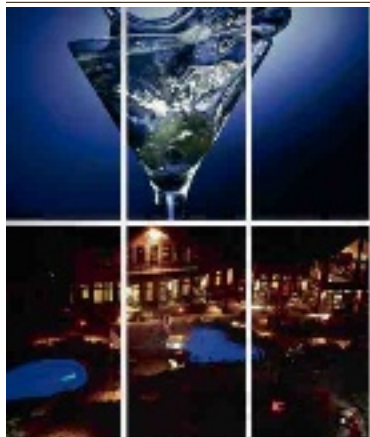


Health Canada says labels are being changed on finasteride drugs to add safety information on rare reports of breast cancer in men. Finasteride is a prescription drug sold under the brand name Propecia, used for the treatment of male pattern hair loss.

THE CANADIAN PRESS



Law pros attack practice of guest authorship of medical studies, but is it fraud?



PHOTOGRAPH BY

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NATURE SPA



# Don't sweat the weather

## ► Sports OK for kids on hot days ► However, caution should trump the will to win: Pediatricians group

Playing sports in hot, steamy weather is safe for healthy children and teen athletes, so long as precautions are taken and the drive to win doesn't trump common sense, North America's largest pediatricians group says.

New guidelines from the American Academy of Pediatrics arrive just as school sports ramp up in sultry August temperatures. The advice, released yesterday, comes a week after two Georgia high school football players died following practices in 35-plus degree heat. Authorities were investigating if the weather contributed.

The guidelines replace a more restrictive policy based on old thinking that kids were more vulnerable to heat stress than adults.

New research shows that's not true, the academy says. With adequate training, water intake, time-outs and emergency treatment available on the sidelines, healthy young athletes can play even in high heat and humidity — within reason, the guidelines say.

"The more educated parents, athletes and staff are about risks associated with heat illness, the more likely they will think twice before allowing a competitive culture to overtake



► Playing sports in hot, steamy weather is safe for healthy children and teen athletes, so long as precautions are taken, a group of experts warned this week.

sound sensibilities," said Dr. Cynthia Devore, co-author of the policy and a physician for schools in the Rochester, N.Y. area. U.S. government data

released last week showed that more than 3,000 U.S. children and teens younger than 20 received emergency-room treatment for nonfatal heat ill-

ness from sports or exercise between 2001 and 2009.

A few young athletes die annually from heat-related illness.

### Deaths

#### By the numbers

► **Statistics** Over a 13 year period, 29 high school football players died from heat stroke, data from the American Football Coaches Association and others show. Football is a special concern, because players often begin intense practice during late-summer heat, wearing uniforms and padding that can be stifling.

Dr. Michael Bergeron, a University of South Dakota sports medicine specialist, said the new policy is more detailed and nuanced, recommending that athletes be evaluated individually for play in hot weather.

**THE ASSOCIATED PRESS**

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## GETTING READY FOR BACK TO SCHOOL YET? WELL, THE HEAT IS ON!

Well, if you blinked, it seems like you might have missed the better part of this summer. **Back to school** is only a matter of a couple of weeks away! Whatever you did this summer, we hope you enjoyed your time with family and friends.

Of course, **back to school** does mean taking the time to purchase those essential school supplies. We certainly agree that this is an important task. Well, in the midst of all the paper, pens, binders and backpacks, may we suggest you squeeze in a bit of time to **bring your children to the dentist** for a back to school check-up?

Think about it...you rush around to get all the right supplies for your kids so they can start the school year off right. Have you ever thought that **starting the school year off right also means making sure they start it in good oral health?**

There is a good reason to take the time to visit the dentist before school starts. Amongst school-aged children in North America today, **oral health has become one of the greatest health care issues.** It may not get the same publicity as other health issues, such as childhood obesity. And while we certainly do not want to downplay the seriousness of inactivity and obesity amongst our children today,



Dr. Peter Georgopolous  
Dental Surgeon

**oral health care is just as important an issue** in our opinion.

The reality is that **dental care issues are one of the biggest reasons children miss time from school.** The pain associated with tooth decay and gum disease is very real and can keep children at home. **Kids who miss more class time tend to have lower marks.**

Even if the pain is not keeping your child home from school, any level of oral discomfort will likely affect your child's ability to concentrate. And **poor concentration also leads to poor marks!**

**A check up before school starts will allow your dentist to diagnose any early signs of oral health care issues.** This means you can address them before they become a more serious issue and before they interfere with your child's performance in school.

And if tooth decay or gum disease are not problems for your child, perhaps orthodontics may be in the future. Discussing this with your dentist and starting treatment before school begins can help **avoid missed class time.**

So start the school year off right by including a **visit to the dentist** to make sure your children have a clean bill of dental health. By booking now, your dentist may still have the time to **deal with any problems before the school year starts.**

That means you can be confident that your child is heading into the school year without the worry of missing classes. Because getting to class and achieving good marks in school are healthy habits...and healthy habits lead to healthy lives.

Dr. Peter Georgopolous  
- Dental Surgeon

# Canada's fatty new melting pot

## ► Immigrant children fall prey to our bad eating habits



CELIA  
MILNE  
LIFE@METRONEWS.CA

Canada's bad health habits rub off quickly on immigrants.

"When immigrants first arrive in Canada, they are generally in better health than the native-born Canadians. But this health advantage deteriorates as they live in Canada," says Katerina Maximova, assistant professor in the department of epidemiology at the school of public health at the University of Alberta in Edmonton.

Maximova and colleagues collected data on the heights and weights of 6,392 schoolchildren in 24 schools in Montreal over a five-year period. They compared how BMI increased among children born outside Canada, children born in Canada to immigrant



parents, and children born in Canada to Canada-born parents.

"What was most interesting is that second generation immigrant children lost their health advantage very quickly, so that their BMI increases with age were similar to those of children of parents born in Canada," Maximova told Metro.

When they arrive in Canada, most immigrants initially settle in low-income, inner-city neigh-

bourhoods, and those are the communities that were included in the study. Unfortunately, such neighbourhoods have higher rates of overweight and obesity.

"As they integrate into Canadian society, they may adopt the unhealthy lifestyles of native-born Canadian that live in low-income, inner-city neighbourhoods, such as low levels of physical activity and poor diet," says Maximova.

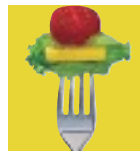


# Coconut Palm is addictive (consider yourself warned)

▶ Vietnamese restaurant's noodles will have you coming back for more

## LUNCH RUSH

SHARI GOODMAN  
FOOD@METRONEWS.CA



Warning: Eating the crispy noodles at Coconut Palm Restaurant is actually very addictive. Despite its location behind the train station in a typical strip mall, this Vietnamese establishment has a pleasant ambiance that's casual with friendly and attentive service.

The plate of Stir-Fried Crispy Egg Noodles with Chicken and Vegetables was capable of feeding



▶ Stir-Fried Crispy Egg Noodles with Chicken and Vegetables (\$13.25).

▶ **Coconut Palm Restaurant**  
500 Terminal Ave.  
613-244-7256  
Reservations: Yes  
Client negotiations: Yes  
Price range: \$\$  
Rating: 4.5 out of 5

more than one mouth, but I polished it off. This dish had it all: Flavour, texture and mouth feel. Hiding under the shiny and a-touch-too-thick sauce were tender morsels of chicken, sautéed mushrooms, slivers of carrots and strips of

fresh ginger that delivered a zing. The noodles were crunchy until they changed texture after soaking up the sauce.

To end my meal, I sipped on a sweet, caffeine-filled, creamy iced Vietnamese coffee with

sweetened condensed milk. This coffee could take on the trendy coffee frappucino-moolatte market with its perfect blend of bitter and sweet.

Noodles and coffee. Comfort food and caffeine. Proceed with caution.

## Parmesan Pie Fries



### Preparation:

**1** Preheat oven to 200 C (400 F). Remove pie shell from freezer and let thaw at room temperature 10 minutes.

**2** In a small bowl, combine garlic powder, Parmesan and parsley; set aside.

**3** Remove pie shell from foil onto a clean, flat, lightly floured work surface. If cracks appear in pastry, press together and repair using fingers moistened with water.

**4** Cut out strips that are about 1 by 7.5 cm (1/2 to 3 inches) wide using a fluted pastry cutter

### Ingredients:

- 1 frozen deep-dish pie shell
- 1 ml (1/4 tsp) garlic powder
- 50 ml (1/4 cup) grated Parmesan cheese
- 15 ml (1 tbsp) chopped parsley
- 15 ml (1 tbsp) olive oil

and gently place on a parchment-lined baking sheet.

**5** Brush lightly with oil and sprinkle with Parmesan mixture. Bake in preheated oven for 12 to 15 minute or until pastry is golden. **THE CANADIAN PRESS/ TENDERFLAKE**

# A blend of Canadian flavours

▶ Herbed Maple Marinade and Blueberry Plum Compote combine local ingredients to give pork a delicious taste

### Preparation:

**1** In a small bowl, combine maple syrup, grainy mustard, garlic, apple cider vinegar, oil, rosemary, coriander, all-

spice and salt. Pour over pork tenderloin in a resealable plastic bag and refrigerate to marinate for a minimum of 4 hours or overnight.

**2** Place pork on greased BBQ grill over medium heat; close cover and cook until thermometer reaches 68 C (155 F), 20 to 25 minutes. Let stand for 5 to 10 minutes or until internal temperature reaches 71 C (160 F).

**3** For Blueberry Plum Compote: In small saucepan, bring sugar and water to boil. Add lemon juice and lemon rind; cook for about 5 minutes or until syrupy. Remove from heat. Add ginger, vanilla and allspice; mix well. Mix in blueberries. Refrigerate until ready to serve. Mix plums into compote. Serve over pork tenderloin. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

### Ingredients:

#### Herbed Maple Marinade

- 500 g (1 lb) pork tenderloin
- 50 ml (1/4 cup) maple syrup
- 50 ml (1/4 cup) grainy mustard
- 2 cloves garlic, minced
- 50 ml (1/4 cup) apple cider vinegar
- 30 ml (2 tbsp) olive or vegetable oil
- 22 ml (1 1/2 tbsp) chopped fresh rosemary
- 5 ml (1 tsp) ground coriander

#### der

- 2 ml (1/2 tsp) each allspice and salt

#### Blueberry Plum Compote

- 50 ml (1/4 cup) granulated sugar
- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) grated lemon rind
- 5 ml (1 tsp) grated fresh ginger
- 1 ml (1/4 tsp) vanilla
- Pinch allspice
- 125 ml (1/2 cup) blueberries
- 2 yellow plums, pitted and coarsely chopped



▶ This maple and herb marinade can also be used with salmon, trout or chicken.



## Date Night



► Who doesn't enjoy a good rock-climbing session?

## Ideas for your next date

**1 Climb the walls**  
Strengthen your body and your relationship with a trip to the climbing gym. Talk about a challenge: Not only will you push yourself physically on your way to the top, but you'll also have to take a leap of faith and trust that your (hopefully) strong-armed partner will

keep you off the ground. Scared? Don't be. A one-hour training session will get you more than ready for this adventure. For a wall near you, visit [indoorclimbing.com](http://indoorclimbing.com).

**2 Be a volun-twosome!**  
Good deeds make great dates. Volunteer together: Serve food at a homeless shelter, teach some arts and crafts at a senior's home or offer your lit-

ter-picking-up services to your city or town.

**3 Take to the skies**  
Warning: Only thrill-seekers need apply. Up for some bungee jumping, zip-lining, rappelling or aerobatic gliding for two? Go to [trythat.ca](http://trythat.ca) or [bungee.com](http://bungee.com) to plan a serious night on (or above) the town.

**GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS**

## TREAT MOTHERS EQUALLY

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## CHARLES THE BUTLER



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**Hi Mr. Butler:**  
**I've never been a fan of my boyfriends' mothers ... bad luck maybe? I've been seeing someone new for two months now and I'm wondering how long I can avoid meeting his mother. Please say a year or longer!!!**  
**Daddy's Girl**

Dear Daddy's Girl,

When I first read your question, I thought that you need to toughen up and go meet your boyfriend's mother soon or else your new man may take offence and you run the risk of losing him. Upon



► Meeting the parents is inevitable.

further reflection, however, the answer became clearer to me.

You should meet his mother within a month or so of him meeting yours! It's always prudent to treat mothers equally. Please give your boyfriend's mother a chance; she just may turn out to be the fabulous mother-in-law of your future! Ask your new boyfriend to share with you

a little about his mother and her interests.

Perhaps this will allow you to find a topic of interest ahead of time so that both of you will begin your relationship on the perfect foot and you can actually enjoy each other's company!

**CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT [ASKCHARLESTHEBUTLER@METRONEWS.CA](mailto:ASKCHARLESTHEBUTLER@METRONEWS.CA).**

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# 'Budget' isn't a bad word

Mention the word "budget" to some people and you'll likely be met with cringes and winces, the kind usually seen from dentists' chairs.

It's not very surprising because the perception about making a budget is that it requires us to think carefully about how and where we spend our money. And most of the time we have no idea.

While it takes discipline to plan and implement a good budget, it doesn't have to be rocket science.

We asked Jean-Rémy Deschênes, business coordinator in the Wealth Management department at Desjardins Group, for advice on how to create an effective plan.

## How to get back on track with your money

It's important to remember that the initial process of setting up your budget will require a bit of effort, but it's worth it in the long run. **Keep it simple:** Your budget should be straightforward and flexible so it can be easily modified if your income or expenses change.

**Set your financial objectives:** Your objectives should be realistic, measurable and time-bound.

This will help you stick to your budget and to reach your financial goals and projects.



► Want more money? Stick to a plan.

**Be realistic and specific about your spending:** Go through your credit union, bank or financial institution account statements to identify your spending patterns.

Each expense item will have its own line in your budget, for example housing, groceries, utilities, transportation, investments, retirement savings, entertainment, clothing, etc.

Identify and itemize your bills. Keep in mind that they may not all be monthly expenses, for example insurance premiums

come only once a year, so make sure to break them down into monthly amounts.

Try to avoid guessing the amounts that you spend for each budget line. Be honest with yourself and aim to be as exact as possible.

**Stay organized:** Save all of your receipts and track them against your budget.

NEWS CANADA

**EDITOR'S NOTE:** Alison Griffiths will be back next week with her On Money column.

# MARKET MADNESS

## FUN AND FRUGAL

LESLEY SCORGIE  
MONEY@METRONEWS.CA



Feel like you're on a roller coaster with your investments? I definitely did last week when the market plunged due to massive economic uncertainty. Investors are feeling uneasy as whispers of "double dip recession" float through the media stirring up anxious conversation.

I certainly don't want to downplay last week's market losses, but frankly it's unwise to get all hyped up and cash out your portfolio.

That action is counter to the most fundamental investment principle of all time: buy low and sell high.

Stats show that emotional investors, those who hop from investment to invest-

ment, return less than four per cent on their portfolios in the long run. Those who take a long-term view on the market and stay invested in quality stocks return upwards of 12 per cent.

Sure, it's natural to get upset when your net worth plummets 20 per cent in a week, but rest assured, economic and stock market cycles (expansion, peaking, retraction and the trough-bottom of the barrel) have occurred many times in the past and people survived.

Why not take advantage of the market volatility and, with the advice of a financial advisor, consider buying investments that have been badly 'beaten down'.

Then, follow in the footsteps of Warren Buffet, and hold on to good stocks for the long term allowing for appreciation and dividends.

My go-to websites when considering any stock purchase are globeinvestor.com and ca.finance.yahoo.com.

CHASE

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# POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

**A:** Money in America? Is that an oxymoron?

**B:** You should invest! You can't get the ups without going through the downs.

## FIND TIPS & TRICKS

in Allan Small's Investment Perspectives  
Column: Negative news provides a drag on the market.

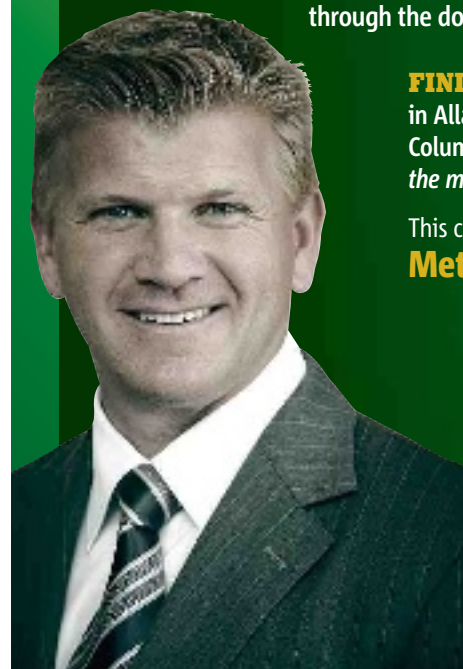
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# Quick turnaround

► College offers opportunity for students to put work skills to use right away ► Good return on investment



**JON TATTRIE**  
FOR METRO

College is becoming an increasingly popular education option for people eager to jump straight into the workforce.

Patsy MacDonald, registrar at the Nova Scotia Community College, says students want a quick turnaround.

"In two years for a diploma or one year for a certificate, they have skills right away and they can start working right away," she says. "It's a return on their investment of money and time."

All of their programs feature "applied learning," where students use classroom theory in a hands-on work situation.

"A lot of our employers like that — they have done the work, as well as learned about it," she says.

NSCC is in close contact with employers to regularly update material so students always have skills to meet workforce needs. MacDonald says more than 70 per cent of NSCC students are working in their chosen field within one year of graduation.

Jim Reed is president of BC Colleges, an organization that represents 11 of the province's colleges. He says a key appeal of a college education is the looming labour shortage. Forecasts predict one million jobs will open up in the next decade and 78 per cent of those will require post-secondary education.

"Not only are college degrees in demand, college is also less expensive than other post-secondary options," he says. Reid cites Canadian Federation of Independent Business statistics that demand for college graduates will soon outpace demand for university graduates by a ratio of 6-to-1.

He says any lingering stigma around college is quickly evaporating in the new economy. "In the coming decade, we need British Columbians, and Canadians in general, to embrace college education and realize that a college program is a terrific option for their children," he says, calling it "accessible, high-quality, affordable and in demand."



► College programs feature "applied learning," where students use classroom theory in a hands-on work situation. These skills help grads find work after completing school.

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Immigration Canada

## U of Ottawa researchers awarded \$10 million

Scholars and graduate students at the University of Ottawa have been awarded more than \$10 million by the Social Sciences and Humanities Research Council of Canada (SSHRC).

More than 175 research projects, graduate student scholarships, conferences and outreach projects have been recognized for their excellence in social sciences and humanities in a variety of competitions offered through SSHRC's Talent, Insight and Connection programs.

Thanks to these investments, University of Ottawa researchers receive the essential support they need to conduct their important research, which will have a profound positive impact on the quality of life of all Canadians.

### Graduate scholarships

The University of Ottawa announced that nine of its students enrolled in doctoral studies have been awarded a prestigious Vanier Canada Graduate Scholarship.

The scholarships, which are valued at \$50,000 an-



► Investments will help U of Ottawa grad students.

nually for a maximum of three years, are awarded to students who demonstrate leadership skills and a high standard of scholarly achievement in three areas: Social sciences and humanities; natural sciences and engineering; and health.

### Algonquin nominee

Algonquin College Bachelor of Information Technology (BIT) degree graduate Matthew Davis has been nominated for the FuEL Awards, which recognize Canada's top 20 entrepreneurs under the age of 30.

"Being nominated for the FuEL Awards is a surre-

al feeling," says Davis. "On one hand, you are being given recognition for your hard work, but at the same time you can't let yourself think any different. I feel honoured to be up against some great people and it really just motivates me even more. For me it's not about the recognition, it's about the work and making a difference in my little corner of the world."

Davis is the founder and CEO of VirtuStructure, an Ottawa-based company spearheaded by some of the leading industry experts in IT.

In proactively monitoring emerging trends in IT, VirtuStructure ensures that its clients receive the most efficient and effective solutions for their specific industry needs. They utilize these trends, not only to support their clients, but to actually help their business grow.

Through its innovative technologies and unparalleled customer service, VirtuStructure provides its clients with the highest quality of reliable network support. ● METRO



# Upsets as Rogers Cup opens

► Qualifiers Galina Voskoboeva, Simona Halep knock off No. 9 and 12 seeds in Toronto

Galina Voskoboeva started a trend of upsets on the first day of the women's main draw at the Rogers Cup.

The qualifier from Kazakhstan eliminated No. 9 seed Marion Bartoli of France 6-3, 6-3 in first-round action yesterday just hours before 19-year-old Romanian Simona Halep rallied to take out 12th-seeded Svetlana Kuznetsova of Russia 4-6, 6-4, 6-3.

Kuznetsova made 50 unforced errors to lose control of the match and send Halep to the second round in the young qualifier's Rogers Cup debut.

The 55th-ranked Halep, who advanced to the main draw after defeating Toronto's Sharon Fichman in final-round qualifying Sunday, rebounded after dropping the opening set to stun the 15th-ranked Kuznetsova.

The 26-year-old Voskoboeva is ranked 135th in the world and came into the match fresh off a semifinals appearance at the inaugural Baku Cup in Azerbaijan. Her career-best ranking was No. 64 in February 2009.

Bartoli, meanwhile, struggled with her serve, giving away four double-fault points, while Voskoboeva capitalized on her opportunities by winning four of her six break points.

"It was a day when nothing was working," Bartoli said. "I tried my hardest but I committed so many mistakes it was hard to win. I was not feeling the ball and my legs were not moving. I was late on everything and



► Galina Voskoboeva plays a shot during her 6-3, 6-3 win over Marion Bartoli yesterday.

committing a lot mistakes, especially on my backhand."

Bartoli was making her eighth visit to the Rogers Cup and first since a similar first-round defeat in 2009 when she lost as the 13th seed to Ukraine's Alona Bondarenko.

"Something is not going well for me here in Toronto," Bartoli said. "I don't know if it is the surface or the humidity or something, but it's been a two-year gap and it's the same kind of match."

Voskoboeva said going up against a top-10 seed didn't

intimidate her.

"I'm pretty confident right now," she said. "I was not that nervous, you know, against who I was playing, so I just knew that I can play good and that's it."

Defending champion Caroline Wozniaki, who starts her title defence in the second round, noted the field is wide open in women's tennis these days, with a new face winning each of this year's Grand Slams so far. That means even superstars like her need to be on their best in the early rounds.

"I think there's a lot of good players out there and depending on the day you can win against anyone," said the top-seeded Dane. "It's about being consistent and thinking positive out there on the court and doing your best."

Third-seed Vera Zvonareva said the lack of a dominant player in the women's game right now means each event is impossible to predict.

"It's a very tough challenge right now as women's tennis is at a very high level and you can't have any predictions,"

Zvonareva said. "Anyone can win and it's very tough competition."

Earlier yesterday, Samantha Stosur opened on centre court at the Rexall Centre with a 4-6, 6-2, 6-3 victory over Japan's Ayumi Morita.

The 10th-seeded Australian was making her second appearance at the tournament after reaching the quarter-finals in 2009.

Stosur will meet the winner of today's match between Aleksandra Wozniak of Blainville, Que., and Shahar Peer of Israel.

THE CANADIAN PRESS

4  
sports

Quoted



**"I'm optimistic that we will have a season this year. Very optimistic."**

LEBRON JAMES. IN AN INTERVIEW WITH THE ASSOCIATED PRESS, THE MIAMI HEAT FORWARD SAID HE IS NOT CONSIDERING OFFERS TO PLAY INTERNATIONALLY DURING THE NBA LOCKOUT - WITH ONE CATCH. HE'S COMMITTED TO THE 2012 OLYMPICS AND TRYING TO HELP THE UNITED STATES DEFEND THE GOLD MEDAL IT WON AT THE BEIJING GAMES.



► Erik Chvojka returns the ball to Alexander Dolgoplov.

## Canadian underdog gives No. 21 a scare

He ranks 290th in the world, trains without a coach and had never before played in an ATP World Tour event.

But that didn't stop Canadian tennis player Erik Chvojka from delivering a scare yesterday to No.

21-ranked Alexandr Dolgoplov — a feat that thrilled a boisterous pro-Canuck crowd at the Rogers Cup in Montreal.

Chvojka, a 24-year-old from the Montreal suburb of Kirkland, battled hard against Dolgoplov's slic-

ing backhands, before falling 6-3, 5-7, 6-4 at Uniprix Stadium.

"It was a beautiful day for me today," said Chvojka, who, as a kid, often watched his tennis idols play live at the Montreal event. THE CANADIAN PRESS



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## MAJOR LEAGUE BASEBALL

### AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	70	43	.619	—
New York	69	44	.611	1
Tampa Bay	60	54	.526	10½
Toronto	58	56	.509	12½
Baltimore	44	68	.393	25½
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	56	.500	4
Chicago	56	58	.491	5
Minnesota	51	63	.447	10
Kansas City	49	66	.426	12½
WEST DIVISION				
	W	L	Pct	GB
Texas	64	51	.557	—
Los Angeles	63	52	.548	1
Oakland	51	63	.447	12½
Seattle	49	64	.434	14

**Last night's results**  
Chicago White Sox 7, Baltimore 6  
Tampa Bay 2, Kansas City 1  
Boston at Minnesota  
Seattle at Texas  
**Sunday's results**  
Toronto 7, Baltimore 2  
Oakland 5, Tampa Bay 4, 10 innings  
Chicago White Sox 7, Minnesota 0  
Kansas City 4, Detroit 3  
L.A. Angels 2, Seattle 1  
Texas 5, Cleveland 3  
Boston 3, N.Y. Yankees 2, 10 innings  
**Tonight's games**  
Chicago White Sox (Floyd 9-10) at Baltimore (Jo-Reyes 5-8), 7:05 p.m.  
Detroit (Fister 4-12) at Cleveland (Masterson 9-7), 7:05 p.m.  
L.A. Angels (Haren 12-6) at N.Y. Yankees (A.J.Burnett 8-9), 7:05 p.m.  
Oakland (Harden 2-2) at Toronto (Cecil 4-4), 7:07 p.m.  
Kansas City (Francis 4-11) at Tampa Bay (Shields 10-9), 7:10 p.m.  
Seattle (Pineda 9-7) at Texas (Ogando 11-5), 8:05 p.m.  
Boston (Bedard 4-7) at Minnesota (Liriano 7-9), 8:10 p.m.  
**Tomorrow's games**  
Chicago White Sox at Baltimore, 7:05 p.m.  
Detroit at Cleveland, 7:05 p.m.  
L.A. Angels at N.Y. Yankees, 7:05 p.m.  
Oakland at Toronto, 7:07 p.m.  
Kansas City at Tampa Bay, 7:10 p.m.  
Seattle at Texas, 8:05 p.m.  
Boston at Minnesota, 8:10 p.m.

BLUE JAYS STATISTICS									
BATTERS	AB	R	H	HR	RBI	AVG			
Lawrie	11	2	5	1	2	.455			
Bautista	362	81	114	33	76	.315			
Molina	119	16	36	2	11	.303			
Escobar	401	61	121	10	41	.302			
Encarnacion	325	46	90	9	29	.277			
Lind	349	44	95	19	60	.272			
Thames	182	27	48	5	22	.264			
Rasmus	41	4	10	1	5	.244			
Davis	311	43	74	1	28	.238			
McDonald	153	17	36	2	19	.235			
Hill	357	36	82	5	40	.230			
Arencibia	310	37	67	18	52	.216			
Teahen	120	11	24	3	11	.200			
PITCHERS	W	L	SV	IP	SO	ERA			
Janssen	3	0	1	34.2	32	2.60			
Romero	10	9	0	159.0	138	2.94			
Perez	1	2	0	36.1	31	3.47			
Millis	1	1	0	12.1	10	2.65			
Villanueva	6	3	0	97.2	63	4.24			
Cecil	4	4	0	70.1	52	4.35			
Litsch	4	3	0	51.1	45	4.38			
Francisco	1	4	10	34.2	39	4.41			
Morrow	8	6	0	119.2	139	4.51			
Rauch	4	3	11	47.2	32	4.53			
Camp	1	2	1	47.2	21	5.10			
Ledezma	0	0	0	3.0	5	9.00			
Miller	0	0	0	1.0	1	9.00			

### NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	74	40	.649	—
Atlanta	66	49	.574	8½
New York	57	57	.500	17
Florida	55	59	.482	19
Washington	55	59	.482	19
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Cincinnati	55	59	.482	9½
Pittsburgh	54	59	.478	10
Chicago	49	66	.426	16
Houston	37	77	.325	27½
WEST DIVISION				
	W	L	Pct	GB
San Francisco	63	52	.548	—
Arizona	62	52	.544	½
Colorado	52	62	.461	10
Los Angeles	52	61	.460	10
San Diego	51	65	.440	12½

**Last night's results**  
N.Y. Mets 9, San Diego 8  
Atlanta at Florida  
Colorado at Cincinnati  
Washington at Chicago Cubs  
Houston at Arizona  
Philadelphia at L.A. Dodgers  
Pittsburgh at San Francisco  
**Sunday's results**  
Atlanta 6, N.Y. Mets 5  
St. Louis 8, Florida 4  
San Diego 7, Pittsburgh 3  
Milwaukee 7, Houston 3  
Cincinnati 8, Chicago Cubs 7  
Washington 3, Colorado 2  
San Francisco 3, Philadelphia 1  
Arizona 4, L.A. Dodgers 3  
**Tonight's games**  
Atlanta (Beachy 5-2) at Florida (Hensley 1-4), 7:10 p.m.  
Colorado (Rogers 5-1) at Cincinnati (Willis 0-1), 7:10 p.m.  
San Diego (LeBlanc 0-2) at N.Y. Mets (Capuano 9-10), 7:10 p.m.  
Washington (Detwiler 1-1) at Chicago Cubs (R.Lopez 2-3), 8:05 p.m.  
Milwaukee (Marcum 10-3) at St. Louis (E.Jackson 1-1), 8:15 p.m.  
Houston (Lyles 1-6) at Arizona (Marquis 8-6), 9:40 p.m.  
Philadelphia (Cl.Lee 11-7) at L.A. Dodgers (Lilly 7-11), 10:10 p.m.  
Pittsburgh (Ja.McDonald 7-5) at San Francisco (Bumgarner 6-11), 10:15 p.m.  
**Wednesday's Games**  
Philadelphia at L.A. Dodgers, 3:10 p.m.  
Pittsburgh at San Francisco, 3:45 p.m.  
Atlanta at Florida, 7:10 p.m.  
Colorado at Cincinnati, 7:10 p.m.  
San Diego at N.Y. Mets, 7:10 p.m.  
Washington at Chicago Cubs, 8:05 p.m.  
Milwaukee at St. Louis, 8:15 p.m.  
Houston at Arizona, 9:40 p.m.

### SUNDAY

#### BLUE JAYS 7, ORIOLES 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
RDavis lf	5	1	0	0	Andino ss	4	0	1	0
YEScor ss	5	0	1	0	Markks rf	3	0	1	0
Bautist rf	5	0	1	2	Adjons cf	4	0	0	0
Lind dh	5	0	0	0	Guerrr dh	4	0	0	0
Encmc 1b	4	2	3	0	McRynl 1b	3	2	2	2
Rasms cf	4	1	2	0	Reimld lf	3	0	0	0
Arenci c	4	1	1	2	Tatum c	3	0	0	0
JMcDnl 2b	4	0	3	2	J.Bell 3b	3	0	0	0
Lawrie 3b	4	2	2	1	Cltzurs 2b	3	0	0	0
					BDavis 2b	2	0	1	0
Totals	40	7	13	7	Totals	30	2	5	2
Toronto	002	301	010	7	Baltimore	000	010	100	2
E—J.Bell (1). DP—Toronto 2. LOB—Toronto 6, Baltimore 2. 2B—Bautista (19), Encarnacion (28), Rasmus (4), Arencibia (13), Jo.McDonald (6), Andino (12), B.Davis (3). HR—Lawrie (1), Mar.Reynolds 2 (26). SB—R.Davis (34). CS—Jo.McDonald (4).									
Toronto	IP	H	R	ER	BB	SO			
R.Romero W,10-9	8	4	2	2	0	5			
Janssen	1	1	0	0	0	1			
Baltimore									
Simon L,3-5	5	2	3	10	6	4	0	3	
Bergesen		3	3	1	1	0	4		
M.Gonzalez	1	3	0	0	0	0	0	0	
HBP—by R.Romero (Markakis). Umpires—Home, Bob Davidson; First, Lance Barrett; Second, Brian Knight; Third, Jerry Layne.									
T—2:25. A—13,824 (45,438).									

### SOCCER

#### MLS

##### EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19
Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

**Note:** Three points for a win, one for a tie.  
**Sunday's result**  
Vancouver 4 Chicago 2  
**Saturday's results**  
Toronto 3 D.C. United 3  
Chivas USA 3 New England 2  
Houston 1 Philadelphia 1  
Los Angeles 3 Dallas 1  
Portland 1 San Jose 1  
Real Salt Lake 3 New York 0  
Seattle 2 Kansas City 1  
**Saturday, Aug. 13**  
Chivas USA at Seattle, 4 p.m.  
Real Salt Lake at Toronto, 7 p.m.  
New England at Columbus, 7:30 p.m.  
Vancouver at D.C. United, 7:30 p.m.  
Chicago at New York, 7:30 p.m.  
FC Dallas at Philadelphia, 8 p.m.  
Colorado at San Jose, 10:30 p.m.  
**Sunday, Aug. 14**  
Portland at Houston, 9 p.m.

## CFL

### WEEK SIX

EAST DIVISION							
	GP	W	L	T	PF	PA	Pt
Winnipeg	6	5	1	0	152	113	10
Montreal	6	4	2	0	195	152	8
Hamilton	6	3	3	0	152	144	6
Toronto	6	1	5	0	128	178	2
WEST DIVISION							
	GP	W	L	T	PF	PA	Pt
Edmonton	6	5	1	0	169	127	10
Calgary	6	4	2	0	149	137	8
B.C.	6	1	5	0	150	172	2
Saskatchewan	6	1	5	0	112	184	2
<b>Saturday's result</b>							
Calgary 32 Hamilton 20							
<b>Friday's results</b>							
B.C. 24 Saskatchewan 11							
Winnipeg 28 Edmonton 16							
<b>Thursday's result</b>							
Montreal 36 Toronto 23							
<b>WEEK SEVEN</b>							
<b>Thursday, Aug. 11</b>							
Edmonton at Montreal, 7:30 p.m.							
<b>Friday, Aug. 12</b>							
Calgary at Saskatchewan, 9 p.m.							
<b>Saturday, Aug. 13</b>							
Toronto at Hamilton, 7 p.m.							
Winnipeg at B.C., 10 p.m.							
<b>WEEK EIGHT</b>							
Byes: Calgary, Hamilton, Montreal, Winnipeg							
<b>Thursday, Aug. 18</b>							
Saskatchewan at Toronto, 7:30 p.m.							
<b>Friday, Aug. 19</b>							
B.C. at Edmonton, 9 p.m.							

#### LEADERS

Unofficial CFL scoring leaders following Saturday's game (x — scored two-point convert):

	TD	C	FG	S	Pts
Whyte, Mtl	0	21	15	1	67
Duval, Edm	0	17	13	9	65
Palardy, Wpg	0	12	16	4	64
Medlock, Ham	0	15	14	3	60
McCallum, BC	0	13	15	2	60
Paredes, Cal	0	11	12	4	51
E.Johnson, Sask	0	11	10	5	46
Stala, Ham	6	0	0	0	36
Prefontaine, Tor	0	8	8	0	32
Edwards, Wpg	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Diedrich, Mtl	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brown, BC	3	0	0	0	18
Cates, Sask	3	0	0	0	18
Cobourne, Ham	3	0	0	0	18
Foster, BC	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Shaw, Tor	0	5	4	1	18
Dressler, Sask	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Reynolds, Cal	2	0	0	0	12
Simon, BC	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Banks, BC	1	0	0	0	6
Bishop, Cal	1	0	0	0	6



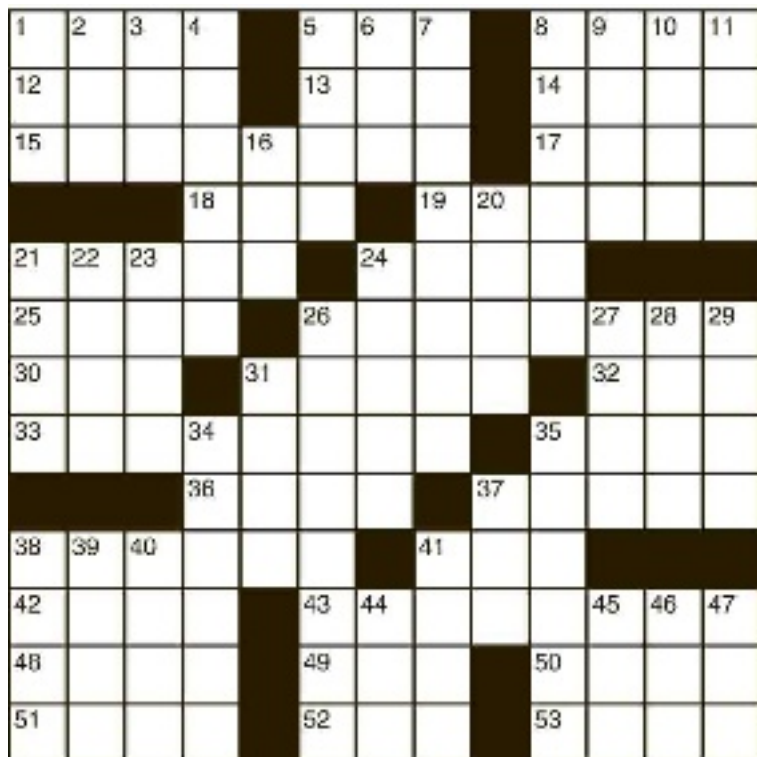
## Crossword

### Across

- 1 Pro foe  
5 Recede  
8 Porridge-making  
Bear  
12 Appear ominously  
13 Zodiac cat  
14 Couple, to gossipers  
15 In all likelihood  
17 Optimistic  
18 Ms. Lupino  
19 — tunnel syndrome  
21 Diving bird related to the loon  
24 Crazy  
25 Exceptional  
26 Pajama cover-up  
30 Blackbird  
31 Crazy  
32 Started  
33 Germs  
35 Ran (from)  
36 Gem used in cameos  
37 Cecil's pal, on old TV  
38 Hole-boring tool  
41 Raw mineral  
42 Exam format  
43 Gymnasts  
48 Toy on a string  
49 Drag along  
50 Stead  
51 Soon, in verse  
52 Lock opener  
53 Verve

### Down

- 1 Matterhorn, e.g.  
2 Neither mate  
3 Overly  
4 Drink



- 5 Napoleon's exile  
6 — canto  
7 Refuses to do business with  
8 Looking glass  
9 On  
10 Small plateau  
11 — nitrate  
16 Citric drink  
20 Sore  
21 Metric measure  
22 Hindu princess  
23 Attorney General Holder  
24 Surgical glove material

- 26 Cooing, maybe  
27 — podrida  
28 Existed  
29 Vortex  
31 Skeleton component  
34 Deodorant type  
35 Weak  
37 Sis' counterpart  
38 Painter Francisco  
39 Pressing need?  
40 BLT spread  
41 Mass revelry  
44 Pool stick  
45 Have a bug

- 46 Afternoon get-together  
47 Major star

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	4	1	2	3	7	8	5	9
5	7	2	8	1	9	3	8	4
9	9	3	5	6	4	2	7	1
2	8	4	1	7	5	9	3	8
3	9	9	4	2	8	7	1	5
7	1	5	3	9	8	8	4	2
4	3	6	9	9	1	5	2	7
1	2	9	7	5	3	4	9	6
8	5	7	6	4	2	1	9	3

**Today**

**27°/18°**  
Variable

**Wednesday**

**23°/15°**  
Thunderstorms  
80%

You have voted us as the best forecasts on TV. Thank you Canada!

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## Today's horoscope

- ♈ Aries March 21-April 20** You will be enthralled by a radical idea, but you must not to act on it immediately.
- ♉ Taurus April 21-May 21** There is no point making a big issue of something that is really quite trivial.
- ♊ Gemini May 22-June 21** Aim to do something truly special today.
- ♋ Cancer June 22-July 22** If you start something new in the short-term it will bring you fame and fortune in the long-term.
- ♌ Leo July 23-Aug. 23** Get out and

- about and meet new people today.
- ♍ Virgo Aug. 24-Sept. 22** You don't usually compare yourself to other people, so why start now?
- ♎ Libra Sept. 23-Oct. 23** The world is full of possibilities, so don't let negative thinking hold you back from experiencing and enjoying what life has to offer.
- ♏ Scorpio Oct. 24-Nov. 22** Any bad feelings you may be having about something you've said or done must be overcome.
- ♐ Sagittarius Nov. 23-Dec. 21** Under no circumstances should

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

- you back down or tone down your opinions.
- ♑ Capricorn Dec. 22-Jan. 20** If someone you work with demands that you conform "or else" today tell them to go jump.
- ♒ Aquarius Jan. 21-Feb. 18** Some people think you are bad. Others think you are mad. Actually you are neither. Be yourself, always.
- ♓ Pisces Feb. 19-March 20.** You need to get tough with yourself about your financial situation.

● SALLY BROMPTON

## Caption contest



PAUL CHIASSON/THE CANADIAN PRESS

JOHN W. ADKISSON/ORANGE COUNTY REGISTER



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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# GET THE CAREER YOU WANT! CLASSES STARTING SOON

## Paralegal *Part time evening program now available!*

### Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

### Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



## Pharmacy Technician

### Program Objective

The *Health Systems Improvement Act, 2007* enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

### Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

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"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

## Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

## Fitness & Health Promotion

**NEW  
program**

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 40 week program including a 3 week co-op placement.

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## Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 38 week program. **CPA ENDORSED**

## Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world! Complete this diploma program through online distance education.

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